



East Swimming 2016 Short Course Championships

(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing & to ASA Open Meet Licensing Criteria)

Inspire: Luton Sports Village

(Licensed Meet No. 2ER161979)



17. Natasha BENTLEY	14 Hatfield	9:31.69	589				
50m 32.88	100m 1:08.38	150m 1:43.58	200m 2:19.37	250m 2:55.08	300m 3:31.21	350m 4:06.89	400m 4:43.22
32.88	35.50	35.20	35.79	35.71	36.13	36.68	36.33
450m 5:19.30	500m 5:55.50	550m 6:31.81	600m 7:08.34	650m 7:44.77	700m 8:21.28	750m 8:57.31	800m 9:31.69
36.08	36.20	36.31	36.53	36.43	36.51	36.03	34.38
18. Tegan WOLLASTON	17 Cheshunt	9:32.38	587				
50m 31.50	100m 1:05.47	150m 1:40.25	200m 2:15.45	250m 2:51.05	300m 3:26.93	350m 4:02.63	400m 4:38.58
31.50	33.97	34.78	35.20	35.60	35.88	35.70	35.95
450m 5:14.96	500m 5:51.82	550m 6:28.74	600m 7:06.25	650m 7:43.53	700m 8:20.63	750m 8:57.15	800m 9:32.38
36.38	36.86	36.92	37.51	37.28	37.10	36.52	35.23
19. Amber SHINE	16 Hatfield	9:33.08	585				
50m 32.58	100m 1:07.71	150m 1:43.42	200m 2:19.18	250m 2:55.03	300m 3:30.77	350m 4:06.77	400m 4:42.99
32.58	35.13	35.71	35.76	35.85	35.74	36.00	36.22
450m 5:19.23	500m 5:55.91	550m 6:32.20	600m 7:08.89	650m 7:45.40	700m 8:22.08	750m 8:58.22	800m 9:33.08
36.24	36.68	36.29	36.69	36.51	36.68	36.14	34.86
20. Melissa ELEY	16 Chelmsford	9:36.09	576				
50m 31.99	100m 1:06.97	150m 1:42.89	200m 2:19.21	250m 2:55.49	300m 3:31.48	350m 4:08.20	400m 4:44.34
31.99	34.98	35.92	36.32	36.28	35.99	36.72	36.14
450m 5:21.10	500m 5:57.68	550m 6:34.38	600m 7:11.33	650m 7:48.24	700m 8:25.09	750m 9:01.24	800m 9:36.09
36.76	36.58	36.70	36.95	36.91	36.85	36.15	34.85
21. Ellie RUNNALLS	14 DunmowAtlant	9:36.70	574				
50m 31.40	100m 1:05.44	150m 1:40.61	200m 2:16.48	250m 2:52.48	300m 3:28.64	350m 4:05.13	400m 4:41.72
31.40	34.04	35.17	35.87	36.00	36.16	36.49	36.59
450m 5:18.75	500m 5:55.51	550m 6:32.50	600m 7:10.08	650m 7:47.57	700m 8:25.13	750m 9:01.26	800m 9:36.70
37.03	36.76	36.99	37.58	37.49	37.56	36.13	35.44
22. Lauren YOUNG	13 Hatfield	9:36.92	573				
50m 32.44	100m 1:08.93	150m 1:45.21	200m 2:21.48	250m 2:58.15	300m 3:34.72	350m 4:11.58	400m 4:48.55
32.44	36.49	36.28	36.27	36.67	36.57	36.86	36.97
450m 5:25.28	500m 6:01.85	550m 6:38.47	600m 7:14.98	650m 7:51.24	700m 8:27.42	750m 9:03.29	800m 9:36.92
36.73	36.57	36.62	36.51	36.26	36.18	35.87	33.63
23. Georgia PURKIS	14 Hemel Hemp	9:38.10	570				
50m 31.71	100m 1:07.12	150m 1:43.37	200m 2:19.87	250m 2:56.40	300m 3:33.28	350m 4:09.93	400m 4:47.03
31.71	35.41	36.25	36.50	36.53	36.88	36.65	37.10
450m 5:23.67	500m 6:00.71	550m 6:37.48	600m 7:13.93	650m 7:50.69	700m 8:27.11	750m 9:03.50	800m 9:38.10
36.64	37.04	36.77	36.45	36.76	36.42	36.39	34.60
24. Lauren THOMAS	14 Mid Beds	9:40.45	563				
50m 31.79	100m 1:08.00	150m 1:44.94	200m 2:22.02	250m 2:58.12	300m 3:34.81	350m 4:11.26	400m 4:47.54
31.79	36.21	36.94	37.08	36.10	36.69	36.45	36.28
450m 5:23.67	500m 6:00.39	550m 6:36.62	600m 7:12.74	650m 7:49.69	700m 8:26.68	750m 9:03.71	800m 9:40.45
36.13	36.72	36.23	36.12	36.95	36.99	37.03	36.74
25. Annabel HEYWOOD	16 West Suffolk	9:40.63	562				
50m 31.78	100m 1:06.98	150m 1:42.82	200m 2:18.35	250m 2:54.19	300m 3:30.45	350m 4:06.83	400m 4:43.54
31.78	35.20	35.84	35.53	35.84	36.26	36.38	36.71
450m 5:20.37	500m 5:57.72	550m 6:35.11	600m 7:12.56	650m 7:50.23	700m 8:27.85	750m 9:05.62	800m 9:40.63
36.83	37.35	37.39	37.45	37.67	37.62	37.77	35.01
26. Tia GARDINER	14 Chelmsford	9:42.70	556				
50m 31.58	100m 1:06.24	150m 1:41.84	200m 2:17.68	250m 2:53.99	300m 3:30.40	350m 4:07.03	400m 4:44.35
31.58	34.66	35.60	35.84	36.31	36.41	36.63	37.32
450m 5:21.89	500m 5:59.33	550m 6:37.00	600m 7:14.64	650m 7:52.43	700m 8:29.83	750m 9:06.52	800m 9:42.70
37.54	37.44	37.67	37.64	37.79	37.40	36.69	36.18
27. Katy CHAMBERS	14 St Felix Sch	9:43.30	554				
50m 32.42	100m 1:08.04	150m 1:44.23	200m 2:20.96	250m 2:57.19	300m 3:33.91	350m 4:10.64	400m 4:47.80
32.42	35.62	36.19	36.73	36.23	36.72	36.73	37.16
450m 5:24.65	500m 6:01.34	550m 6:38.22	600m 7:15.55	650m 7:52.93	700m 8:30.28	750m 9:07.33	800m 9:43.30
36.85	36.69	36.88	37.33	37.38	37.35	37.05	35.97
28. Sophie PAYNE	14 Hatfield	9:46.46	546				
50m 33.58	100m 1:09.96	150m 1:47.23	200m 2:25.19	250m 3:02.28	300m 3:39.38	350m 4:16.91	400m 4:54.17
33.58	36.38	37.27	37.96	37.09	37.10	37.53	37.26
450m 5:31.05	500m 6:08.10	550m 6:45.59	600m 7:22.40	650m 7:58.10	700m 8:35.10	750m 9:12.29	800m 9:46.46
36.88	37.05	37.49	36.81	35.70	37.00	37.19	34.17
29. Abbie BARNWELL	13 Team Luton	9:47.36	543				
50m 32.36	100m 1:07.36	150m 1:43.19	200m 2:19.65	250m 2:56.29	300m 3:33.39	350m 4:10.41	400m 4:47.51
32.36	35.00	35.83	36.46	36.64	37.10	37.02	37.10
450m 5:24.61	500m 6:01.70	550m 6:39.22	600m 7:17.25	650m 7:55.53	700m 8:34.10	750m 9:12.18	800m 9:47.36
37.10	37.09	37.52	38.03	38.28	38.57	38.08	35.18
30. Lucie PECK	13 West Norfolk	9:47.76	542				
50m 32.84	100m 1:08.20	150m 1:44.31	200m 2:20.85	250m 2:58.06	300m 3:35.10	350m 4:12.28	400m 4:50.00
32.84	35.36	36.11	36.54	37.21	37.04	37.18	37.72
450m 5:27.71	500m 6:05.00	550m 6:42.33	600m 7:19.98	650m 7:57.40	700m 8:35.19	750m 9:12.36	800m 9:47.76
37.71	37.29	37.33	37.65	37.42	37.79	37.17	35.40
31. Jessica TURLEY	14 Hatfield	9:51.26	532				
50m 33.57	100m 1:09.52	150m 1:46.04	200m 2:23.59	250m 3:01.13	300m 3:38.63	350m 4:16.68	400m 4:54.06
33.57	35.95	36.52	37.55	37.54	37.50	38.05	37.38
450m 5:31.96	500m 6:09.64	550m 6:46.81	600m 7:24.40	650m 8:02.02	700m 8:39.52	750m 9:16.04	800m 9:51.26
37.90	37.68	37.17	37.59	37.62	37.50	36.52	35.22
32. Jennifer READ	14 West Norfolk	9:57.89	515				
50m 32.39	100m 1:08.57	150m 1:46.35	200m 2:23.38	250m 3:00.35	300m 3:38.01	350m 4:15.46	400m 4:53.79
32.39	36.18	37.78	37.03	36.97	37.66	37.45	38.33
450m 5:31.34	500m 6:09.85	550m 6:48.38	600m 7:26.41	650m 8:04.29	700m 8:42.25	750m 9:21.01	800m 9:57.89
37.55	38.51	38.53	38.03	37.88	37.96	38.76	36.88
33. Hannah TAPLIN	15 Deben	9:58.86	512				
50m 32.56	100m 1:09.02	150m 1:45.81	200m 2:23.11	250m 3:00.39	300m 3:37.76	350m 4:15.60	400m 4:53.21
32.56	36.46	36.79	37.30	37.28	37.37	37.84	37.61
450m 5:31.73	500m 6:10.06	550m 6:48.90	600m 7:27.45	650m 8:06.00	700m 8:44.68	750m 9:23.18	800m 9:58.86
38.52	38.33	38.84	38.55	38.55	38.68	38.50	35.68
34. Isabelle SOULSBY	13 Berkhamsted	10:22.31	456				
50m 32.71	100m 1:08.98	150m 1:46.36	200m 2:23.91	250m -	300m -	350m 4:59.88	400m 5:40.32
32.71	36.27	37.38	37.55	-	-	2:35.97	40.44
450m -	500m 6:20.83	550m 7:00.54	600m 7:40.83	650m 8:21.67	700m 9:02.88	750m 9:43.40	800m 10:22.31
-	40.51	39.71	40.29	40.84	41.21	40.52	38.91
Alice NEWNHAM-STEBBING	14 Lstof & OB	DNF					



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EVENT 102 Mens Open 1500m Freestyle

Senior Record 14:56.66 Junior Record 15:30.10

Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Nathan HUGHES	16	Hatfield	15:24.65	771
	50m 28.24	100m 59.17	150m 1:30.68	200m 2:02.03	250m 2:33.32
	28.24	30.93	31.51	31.35	31.29
	450m 4:36.98	500m 5:07.93	550m 5:38.69	600m 6:09.50	650m 6:39.94
	30.80	30.95	30.76	30.81	30.44
	850m 8:43.11	900m 9:13.98	950m 9:44.92	1000m 10:15.80	1050m 10:46.80
	30.85	30.87	30.94	30.88	31.00
	1250m 12:50.84	1300m 13:21.78	1350m 13:52.91	1400m 14:23.92	1450m 14:54.93
	31.18	30.94	31.13	31.01	31.01
					29.72
2.	Nathan WELLS	18	West Norfolk	15:32.51	752
	50m 28.35	100m 59.42	150m 1:30.93	200m 2:02.18	250m 2:33.21
	28.35	31.07	31.51	31.25	31.03
	450m 4:37.25	500m 5:08.16	550m 5:39.02	600m 6:10.02	650m 6:41.13
	30.98	30.91	30.86	31.00	31.11
	850m 8:46.46	900m 9:17.70	950m 9:49.05	1000m 10:20.37	1050m 10:52.08
	31.54	31.24	31.35	31.32	31.71
	1250m 12:58.73	1300m 13:30.15	1350m 14:01.63	1400m 14:33.23	1450m 15:04.16
	31.54	31.42	31.48	31.60	30.93
					28.35
3.	Luke TURLEY	16	Hatfield	15:32.96	751
	50m 27.92	100m 59.04	150m 1:31.14	200m 2:02.68	250m 2:34.28
	27.92	31.12	32.10	31.54	31.60
	450m 4:40.24	500m 5:11.90	550m 5:42.92	600m 6:13.97	650m 6:45.13
	31.51	31.66	31.02	31.05	31.16
	850m 8:49.76	900m 9:20.74	950m 9:51.97	1000m 10:23.22	1050m 10:54.04
	31.21	30.98	31.23	31.25	30.82
	1250m 12:59.37	1300m 13:30.70	1350m 14:02.12	1400m 14:33.30	1450m 15:04.39
	31.23	31.33	31.42	31.18	31.09
					28.57
4.	Jamie SCHOLLES	16	Co Peterboro	15:53.47	703
	50m 27.70	100m 58.91	150m 1:30.67	200m 2:02.46	250m 2:33.95
	27.70	31.21	31.76	31.79	31.49
	450m 4:41.23	500m 5:13.26	550m 5:44.77	600m 6:16.94	650m 6:48.63
	31.75	32.03	31.51	32.17	31.69
	850m 8:56.57	900m 9:28.15	950m 10:00.05	1000m 10:31.90	1050m 11:03.64
	32.04	31.58	31.90	31.85	31.74
	1250m 13:12.38	1300m 13:44.85	1350m 14:17.66	1400m 14:50.04	1450m 15:21.89
	32.31	32.47	32.81	32.38	31.85
					31.58
5.	Joel KNIGHT	21	Potters Bar	16:07.74	672
	50m 28.13	100m 59.39	150m 1:31.05	200m 2:02.99	250m 2:34.95
	28.13	31.26	31.66	31.94	31.96
	450m 4:45.18	500m 5:17.85	550m 5:50.50	600m 6:23.11	650m 6:55.77
	32.50	32.67	32.65	32.61	32.66
	850m 9:06.70	900m 9:39.38	950m 10:12.32	1000m 10:44.87	1050m 11:17.50
	32.55	32.68	32.94	32.55	32.63
	1250m 13:28.32	1300m 14:00.53	1350m 14:32.70	1400m 15:05.18	1450m 15:37.32
	32.52	32.21	32.17	32.48	32.14
					30.42
6.	Jamie MCCAFFRAY	15	Modernians	16:08.50	671
	50m 29.26	100m 1:00.51	150m 1:32.32	200m 2:04.21	250m 2:36.26
	29.26	31.25	31.81	31.89	32.05
	450m 4:45.37	500m 5:17.74	550m 5:50.37	600m 6:22.88	650m 6:55.58
	32.53	32.37	32.63	32.51	32.70
	850m 9:06.26	900m 9:39.00	950m 10:11.74	1000m 10:44.00	1050m 11:16.95
	32.66	32.74	32.74	32.26	32.95
	1250m 13:27.27	1300m 13:59.81	1350m 14:32.57	1400m 15:05.00	1450m 15:37.44
	32.69	32.54	32.76	32.43	32.44
					31.06
7.	Bayley FINBOW	16	teamipswich	16:09.40	669
	50m 28.63	100m 1:00.14	150m 1:32.30	200m 2:04.97	250m 2:37.35
	28.63	31.51	32.16	32.67	32.38
	450m 4:48.52	500m 5:21.51	550m 5:54.11	600m 6:26.91	650m 6:59.40
	32.51	32.99	32.60	32.80	32.49
	850m 9:08.47	900m 9:40.92	950m 10:13.13	1000m 10:45.62	1050m 11:18.12
	32.37	32.45	32.21	32.49	32.50
	1250m 13:27.88	1300m 14:00.65	1350m 14:33.27	1400m 15:06.05	1450m 15:38.51
	32.39	32.77	32.62	32.78	32.46
					30.89
8.	Max JELFS	15	Hatfield	16:22.08	643
	50m 28.16	100m 59.19	150m 1:31.83	200m 2:04.62	250m 2:37.59
	28.16	31.03	32.64	32.79	32.97
	450m 4:49.91	500m 5:22.75	550m 5:55.74	600m 6:28.92	650m 7:01.85
	33.09	32.84	32.99	33.18	32.93
	850m 9:14.28	900m 9:47.20	950m 10:20.45	1000m 10:53.61	1050m 11:26.71
	33.08	32.92	33.25	33.16	33.10
	1250m 13:38.98	1300m 14:12.09	1350m 14:45.00	1400m 15:18.47	1450m 15:51.00
	32.95	33.11	32.91	33.47	32.53
					31.08
9.	Myles TURNER	16	West Suffolk	16:33.92	621
	50m 28.83	100m 1:01.04	150m 1:33.49	200m 2:06.34	250m 2:39.06
	28.83	32.21	32.45	32.85	32.72
	450m 4:51.16	500m 5:24.41	550m 5:57.94	600m 6:31.17	650m 7:04.56
	33.26	33.25	33.53	33.23	33.39
	850m 9:18.15	900m 9:51.67	950m 10:25.21	1000m 10:58.71	1050m 11:32.35
	33.36	33.52	33.54	33.50	33.64
	1250m 13:47.25	1300m 14:20.90	1350m 14:54.74	1400m 15:28.12	1450m 16:01.75
	33.77	33.65	33.84	33.38	33.63
					32.17



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10. Ralph MUNCER	15 Team Luton	16:37.90	613				
50m 29.65	100m 1:01.59	150m 1:34.10	200m 2:06.83	250m 2:39.93	300m 3:13.11	350m 3:46.31	400m 4:19.72
29.65	31.94	32.51	32.73	33.10	33.18	33.20	33.41
450m 4:53.03	500m 5:26.59	550m 6:00.00	600m 6:33.71	650m 7:07.36	700m 7:41.21	750m 8:14.87	800m 8:48.75
33.31	33.56	33.41	33.71	33.65	33.85	33.66	33.88
850m 9:22.62	900m 9:56.61	950m 10:30.44	1000m 11:04.16	1050m 11:38.00	1100m 12:11.87	1150m 12:45.63	1200m 13:19.34
33.87	33.99	33.83	33.72	33.84	33.87	33.76	33.71
1250m 13:53.04	1300m 14:26.74	1350m 15:00.28	1400m 15:33.76	1450m 16:06.72	1500m 16:37.90		
33.70	33.70	33.54	33.48	32.96	31.18		
11. Henry PEARCE	14 Co Peterboro	16:42.51	605				
50m 29.17	100m 1:00.66	150m 1:33.50	200m 2:06.82	250m 2:40.30	300m 3:13.99	350m 3:47.95	400m 4:21.63
29.17	31.49	32.84	33.32	33.48	33.69	33.96	33.68
450m 4:55.59	500m 5:29.45	550m 6:03.65	600m 6:37.79	650m 7:11.75	700m 7:45.75	750m 8:19.71	800m 8:52.99
33.96	33.86	34.20	34.14	33.96	34.00	33.96	33.28
850m 9:26.20	900m 10:00.19	950m 10:33.95	1000m 11:07.56	1050m 11:41.31	1100m 12:14.77	1150m 12:48.55	1200m 13:22.61
33.21	33.99	33.76	33.61	33.75	33.46	33.78	34.06
1250m 13:56.58	1300m 14:29.97	1350m 15:04.13	1400m 15:37.94	1450m 16:11.83	1500m 16:42.51		
33.97	33.39	34.16	33.81	33.89	30.68		
12. Harry WHITEMAN	16 Co Peterboro	16:46.20	598				
50m 29.11	100m 1:01.73	150m 1:34.58	200m 2:07.72	250m 2:40.96	300m 3:14.10	350m 3:47.36	400m 4:20.94
29.11	32.62	32.85	33.14	33.24	33.14	33.26	33.58
450m 4:54.53	500m 5:28.05	550m 6:01.65	600m 6:35.33	650m 7:09.32	700m 7:43.23	750m 8:17.20	800m 8:51.28
33.59	33.52	33.60	33.68	33.99	33.91	33.97	34.08
850m 9:25.50	900m 9:59.60	950m 10:33.78	1000m 11:08.35	1050m 11:42.87	1100m 12:16.54	1150m 12:50.98	1200m 13:24.71
34.22	34.10	34.18	34.57	34.52	33.67	34.44	33.73
1250m 13:58.95	1300m 14:32.56	1350m 15:06.60	1400m 15:41.04	1450m 16:14.38	1500m 16:46.20		
34.24	33.61	34.04	34.44	33.34	31.82		
13. Cavan BECK	17 Rochford	16:52.06	588				
50m 29.44	100m 1:01.96	150m 1:34.70	200m 2:07.87	250m 2:41.15	300m 3:14.88	350m 3:48.64	400m 4:22.36
29.44	32.52	32.74	33.17	33.28	33.73	33.76	33.72
450m 4:55.86	500m 5:29.68	550m 6:03.83	600m 6:37.85	650m 7:11.87	700m 7:46.10	750m 8:20.46	800m 8:54.81
33.50	33.82	34.15	34.02	34.02	34.23	34.36	34.35
850m 9:29.06	900m 10:03.70	950m 10:37.84	1000m 11:12.18	1050m 11:46.48	1100m 12:21.19	1150m 12:55.46	1200m 13:29.88
34.25	34.64	34.14	34.34	34.30	34.71	34.27	34.42
1250m 14:03.81	1300m 14:38.06	1350m 15:12.02	1400m 15:45.92	1450m 16:19.92	1500m 16:52.06		
33.93	34.25	33.96	33.90	34.00	32.14		
14. James BAYLEY	16 Basildon Ph	16:53.16	586				
50m 31.10	100m 1:04.35	150m 1:37.83	200m 2:11.42	250m 2:45.31	300m 3:19.12	350m 3:52.80	400m 4:26.91
31.10	33.25	33.48	33.59	33.89	33.81	33.68	34.11
450m 5:00.96	500m 5:34.57	550m 6:07.95	600m 6:41.73	650m 7:15.54	700m 7:49.48	750m 8:23.48	800m 8:56.87
34.05	33.61	33.38	33.78	33.81	33.94	34.00	33.39
850m 9:30.95	900m 10:04.76	950m 10:38.92	1000m 11:13.18	1050m 11:47.24	1100m 12:21.48	1150m 12:55.70	1200m 13:30.17
34.08	33.81	34.16	34.26	34.06	34.24	34.22	34.47
1250m 14:04.35	1300m 14:38.59	1350m 15:12.91	1400m 15:47.23	1450m 16:21.18	1500m 16:53.16		
34.18	34.24	34.32	34.32	33.95	31.98		
15. James CHENNELLS	15 Berkhamsted	17:06.37	564				
50m 29.24	100m 1:01.28	150m 1:34.62	200m 2:08.22	250m 2:41.98	300m 3:15.88	350m 3:50.13	400m 4:24.58
29.24	32.04	33.34	33.60	33.76	33.90	34.25	34.45
450m 4:58.95	500m 5:33.68	550m 6:08.58	600m 6:43.32	650m 7:18.15	700m 7:52.88	750m 8:27.59	800m 9:01.82
34.37	34.73	34.90	34.74	34.83	34.73	34.71	34.23
850m 9:36.19	900m 10:10.93	950m 10:45.76	1000m 11:20.44	1050m 11:55.33	1100m 12:29.96	1150m 13:04.65	1200m 13:40.14
34.37	34.74	34.83	34.68	34.89	34.63	34.69	35.49
1250m 14:14.52	1300m 14:49.33	1350m 15:24.11	1400m 15:59.13	1450m 16:34.03	1500m 17:06.37		
34.38	34.81	34.78	35.02	34.90	32.34		
16. Anthony SMITH	16 Hatfield	17:07.67	561				
50m 29.82	100m 1:03.14	150m 1:37.33	200m 2:11.68	250m 2:46.55	300m 3:21.25	350m 3:55.80	400m 4:31.15
29.82	33.32	34.19	34.35	34.87	34.70	34.55	35.35
450m 5:06.07	500m 5:40.74	550m 6:15.76	600m 6:50.75	650m 7:25.98	700m 8:01.56	750m 8:36.54	800m 9:10.78
34.92	34.67	35.02	34.99	35.23	35.58	34.98	34.24
850m 9:45.33	900m 10:20.62	950m 10:54.64	1000m 11:29.73	1050m 12:03.78	1100m 12:38.46	1150m 13:13.49	1200m 13:47.02
34.55	35.29	34.02	35.09	34.05	34.68	35.03	33.53
1250m 14:20.83	1300m 14:55.14	1350m 15:28.78	1400m 16:03.10	1450m 16:36.47	1500m 17:07.67		
33.81	34.31	33.64	34.32	33.37	31.20		
17. Joshua BRISTOW	14 Modernians	17:12.56	554				
50m 30.19	100m 1:03.29	150m 1:36.69	200m 2:10.83	250m 2:45.25	300m 3:19.07	350m 3:52.82	400m 4:27.26
30.19	33.10	33.40	34.14	34.42	33.82	33.75	34.44
450m 5:01.48	500m 5:36.43	550m 6:11.81	600m 6:46.68	650m 7:21.77	700m 7:56.70	750m 8:32.05	800m 9:07.09
34.22	34.95	35.38	34.87	35.09	34.93	35.35	35.04
850m 9:42.05	900m 10:16.80	950m 10:52.36	1000m 11:27.08	1050m 12:01.67	1100m 12:36.95	1150m 13:10.74	1200m 13:46.26
34.96	34.75	35.56	34.72	34.59	35.28	33.79	35.52
1250m 14:21.72	1300m 14:57.55	1350m 15:32.02	1400m 16:07.24	1450m 16:42.32	1500m 17:12.56		
35.46	35.83	34.47	35.22	35.08	30.24		
18. Ayotobi LAGUDA	14 Hatfield	17:12.78	553				
50m 30.06	100m 1:02.80	150m 1:36.09	200m 2:09.87	250m 2:43.95	300m 3:18.34	350m 3:52.67	400m 4:27.52
30.06	32.74	33.29	33.78	34.08	34.39	34.33	34.85
450m 5:02.48	500m 5:37.36	550m 6:12.21	600m 6:46.95	650m 7:21.79	700m 7:56.71	750m 8:31.97	800m 9:07.20
34.96	34.88	34.85	34.74	34.84	34.92	35.26	35.23
850m 9:41.96	900m 10:17.01	950m 10:51.91	1000m 11:26.58	1050m 12:00.98	1100m 12:36.29	1150m 13:11.32	1200m 13:46.68
34.76	35.05	34.90	34.67	34.40	35.31	35.03	35.36
1250m 14:21.61	1300m 14:56.91	1350m 15:31.33	1400m 16:06.64	1450m 16:40.63	1500m 17:12.78		
34.93	35.30	34.42	35.31	33.99	32.15		
19. Christopher GREENHALGH	20 Sudbury	17:21.79	539				
50m 30.38	100m 1:03.31	150m 1:36.20	200m 2:09.32	250m 2:42.44	300m 3:15.95	350m 3:49.49	400m 4:23.00
30.38	32.93	32.89	33.12	33.12	33.51	33.54	33.51
450m 4:56.75	500m 5:31.05	550m 6:05.20	600m 6:39.69	650m 7:14.79	700m 7:49.82	750m 8:25.18	800m 9:00.35
33.75	34.30	34.15	34.49	35.10	35.03	35.36	35.17
850m 9:36.16	900m 10:11.95	950m 10:48.04	1000m 11:23.95	1050m 11:59.82	1100m 12:35.39	1150m 13:11.49	1200m 13:47.55
35.81	35.79	36.09	35.91	35.87	35.57	36.10	36.06
1250m 14:23.49	1300m 14:59.72	1350m 15:35.93	1400m 16:11.58	1450m 16:47.81	1500m 17:21.79		
35.94	36.23	36.21	35.65	36.23	33.98		



East Swimming
2016 Short Course Championships
(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing & to ASA Open Meet Licensing Criteria)
Inspire: Luton Sports Village
(Licensed Meet No. 2ER161979)



20. Callum WOLLASTON	15 Cheshunt	17:22.58	538						
50m 29.49	100m 1:02.33	150m 1:36.18	200m 2:10.87	250m 2:46.06	300m 3:21.07	350m 3:55.96	400m 4:30.95		
29.49	32.84	33.85	34.69	35.19	35.01	34.89	34.99		
450m 5:06.49	500m 5:41.72	550m 6:16.84	600m 6:51.97	650m 7:27.13	700m 8:02.39	750m 8:38.42	800m 9:13.77		
35.54	35.23	35.12	35.13	35.16	35.26	36.03	35.35		
850m 9:49.23	900m 10:24.67	950m 11:00.17	1000m 11:35.38	1050m 12:10.95	1100m 12:46.73	1150m 13:22.44	1200m 13:57.82		
35.46	35.44	35.50	35.21	35.57	35.78	35.71	35.38		
1250m 14:33.35	1300m 15:07.76	1350m 15:42.64	1400m 16:17.12	1450m 16:50.92	1500m 17:22.58				
35.53	34.41	34.88	34.48	33.80	31.66				
21. Owen WEBSTER	13 St Felix Sch	17:22.68	538						
50m 30.57	100m 1:03.50	150m 1:38.02	200m 2:13.13	250m 2:47.84	300m 3:22.50	350m 3:57.79	400m 4:33.21		
30.57	32.93	34.52	35.11	34.71	34.66	35.29	35.42		
450m 5:08.39	500m 5:43.52	550m 6:18.86	600m 6:54.29	650m 7:29.73	700m 8:04.75	750m 8:39.34	800m 9:14.15		
35.18	35.13	35.34	35.43	35.44	35.02	34.59	34.81		
850m 9:49.01	900m 10:24.39	950m 10:59.60	1000m 11:35.26	1050m 12:10.83	1100m 12:46.55	1150m 13:22.13	1200m 13:57.74		
34.86	35.38	35.21	35.66	35.57	35.72	35.58	35.61		
1250m 14:33.42	1300m 15:06.40	1350m 15:40.99	1400m 16:16.02	1450m 16:50.71	1500m 17:22.68				
35.68	32.98	34.59	35.03	34.69	31.97				
22. Adam TAPLEY	22 Co Cambridge	17:24.67	534						
50m 30.70	100m 1:04.64	150m 1:38.78	200m 2:12.67	250m 2:47.10	300m 3:21.47	350m 3:56.16	400m 4:31.00		
30.70	33.94	34.14	33.89	34.43	34.37	34.69	34.84		
450m 5:05.78	500m 5:40.66	550m 6:15.77	600m 6:50.94	650m 7:26.20	700m 8:01.85	750m 8:37.20	800m 9:12.92		
34.78	34.88	35.11	35.17	35.26	35.65	35.35	35.72		
850m 9:48.66	900m 10:24.01	950m 10:59.09	1000m 11:34.29	1050m 12:09.98	1100m 12:45.51	1150m 13:20.25	1200m 13:55.34		
35.74	35.35	35.08	35.20	35.69	35.53	34.74	35.09		
1250m 14:30.52	1300m 15:06.01	1350m 15:40.97	1400m 16:16.10	1450m 16:51.03	1500m 17:24.67				
35.18	35.49	34.96	35.13	34.93	33.64				
23. Samuel ROSE	13 West Norfolk	17:25.31	534						
50m 30.15	100m 1:03.37	150m 1:37.60	200m 2:11.99	250m 2:46.77	300m 3:21.67	350m 3:56.77	400m 4:32.00		
30.15	33.22	34.23	34.39	34.78	34.90	35.10	35.23		
450m 5:07.05	500m 5:42.40	550m 6:18.16	600m 6:53.68	650m 7:29.36	700m 8:04.67	750m 8:40.14	800m 9:15.56		
35.05	35.35	35.76	35.52	35.68	35.31	35.47	35.42		
850m 9:50.90	900m 10:26.28	950m 11:01.69	1000m 11:37.19	1050m 12:12.30	1100m 12:47.49	1150m 13:22.70	1200m 13:58.18		
35.34	35.38	35.41	35.50	35.11	35.19	35.21	35.48		
1250m 14:33.06	1300m 15:08.26	1350m 15:42.93	1400m 16:17.66	1450m 16:52.49	1500m 17:25.31				
34.88	35.20	34.67	34.73	34.83	32.82				
24. Thomas BOYT	17 Felixstowe	17:29.97	526						
50m 30.49	100m 1:04.02	150m 1:38.12	200m 2:12.66	250m 2:47.21	300m 3:22.50	350m 3:57.96	400m 4:32.85		
30.49	33.53	34.10	34.54	34.55	35.29	35.46	34.89		
450m 5:08.21	500m 5:43.93	550m 6:19.58	600m 6:55.52	650m 7:31.43	700m 8:07.40	750m 8:43.03	800m 9:18.55		
35.36	35.72	35.65	35.94	35.91	35.97	35.63	35.52		
850m 9:54.38	900m 10:30.06	950m 11:04.86	1000m 11:40.52	1050m 12:15.94	1100m 12:51.05	1150m 13:26.24	1200m 14:01.10		
35.83	35.68	34.80	35.66	35.42	35.11	35.19	34.86		
1250m 14:36.37	1300m 15:11.29	1350m 15:45.96	1400m 16:21.79	1450m 16:56.61	1500m 17:29.97				
35.27	34.92	34.67	35.83	34.82	33.36				
25. Ross BARNSHAW	18 Beccles Town	17:44.93	505						
50m 30.02	100m 1:03.93	150m 1:38.84	200m 2:14.07	250m 2:49.32	300m 3:24.77	350m 4:00.56	400m 4:36.88		
30.02	33.91	34.91	35.23	35.25	35.45	35.79	36.32		
450m 5:12.44	500m 5:48.16	550m 6:24.09	600m 6:59.76	650m 7:35.84	700m 8:11.63	750m 8:47.58	800m 9:23.41		
35.56	35.72	35.93	35.67	36.08	35.79	35.95	35.83		
850m 9:59.08	900m 10:35.19	950m 11:11.12	1000m 11:47.01	1050m 12:22.93	1100m 12:58.89	1150m 13:35.04	1200m 14:11.44		
35.67	36.11	35.93	35.89	35.92	35.96	36.15	36.40		
1250m 14:47.22	1300m 15:23.71	1350m 15:59.61	1400m 16:35.34	1450m 17:10.79	1500m 17:44.93				
35.78	36.49	35.90	35.73	35.45	34.14				
26. James BOOTS	16 Lstoft & OB	17:48.83	499						
50m 30.61	100m 1:04.15	150m 1:38.70	200m 2:13.37	250m 2:47.88	300m 3:23.36	350m 3:58.41	400m 4:34.55		
30.61	33.54	34.55	34.67	34.51	35.48	35.05	36.14		
450m 5:10.33	500m 5:46.45	550m 6:22.29	600m 6:59.01	650m 7:34.13	700m 8:10.83	750m 8:46.61	800m 9:22.54		
35.78	36.12	35.84	36.72	35.12	36.70	35.78	35.93		
850m 9:58.55	900m 10:34.62	950m 11:10.76	1000m 11:46.90	1050m 12:23.10	1100m 12:59.21	1150m 13:35.37	1200m 14:11.92		
36.01	36.07	36.14	36.14	36.20	36.11	36.16	36.55		
1250m 14:48.25	1300m 15:24.96	1350m 16:01.34	1400m 16:38.14	1450m 17:14.43	1500m 17:48.83				
36.33	36.71	36.38	36.80	36.29	34.40				